



Spinal Cord Injury Saskatchewan Inc.
Lésions Médullaires Saskatchewan



Annual Wheelchair Relay

September 21 2019

11:00 am- 3:00 pm

**Downtown at Civic Square and 23rd Street
Saskatoon, SK**

Celebrating 20 Years of Supporting Inclusive Communities

Spinal Cord Injury
Saskatchewan Presents

20th Annual Wheelchair Relay

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Downtown at Civic Square
and 23rd Street
Saskatoon, SK

Team Participant Package

Celebrating



Years

The Challenge is on:

- Pledges/Donations you collect will help to support rehabilitation services in Saskatchewan.
- The relay provides an inclusive opportunity for everyone to participate by wheeling in wheelchairs and join together for fundraising, public awareness and a whole lot of fun!

Here are a few ideas to increase your team's pledges and improve your chances for prize incentives:

- Consider a special fundraising event such as a bake sale, car wash or steak night to raise donations.
- Challenge your employer to match pledges raised by your team.
- Challenge friends and colleagues to create their own teams and engage in some friendly fundraising, team costume and relay!

About Spinal Cord Injuries and Other Physical Disabilities:

- Approximately 86,000 Canadians experience paralysis due to a spinal cord injury.
- 4,300 new permanent injuries occur annually in Canada.
- The majority of new injuries are experienced by men 16-30 years of age.
- Motor vehicle accidents, falls, work and sports related incidents remain the most frequent causes of spinal cord injury.
- Most common disabilities are related to pain, flexibility and mobility.

Prizes:

- SCI Sask thanks all teams in advance for their fundraising efforts.
- Prizes will be awarded to encourage teams to raise money, support SCI Sask and most importantly have fun!
- The true reward is the support and awareness offered to persons with spinal cord injuries and other physical disabilities.



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Team Captain Information

Team Captains are one of the main reasons for the Relay's success. We rely on captains to coordinate their team, distribute the appropriate supplies and information, and motivate your team to collect as many pledges as possible. Recruit a Team of four (4) people, and encourage them to complete the pledge tasks.

As Team Captain, it is your responsibility to do the following:

- Register your team.
- Distribute pledge/donations envelopes, and informational packages to all team members.
- Ensure that team members record all information correctly. Receipts will only be provided for pledges \$20 or greater.
- Ensure your team collects a minimum of \$200 in pledges/donations.
- Submit each team member's donations/pledges and their pledge sheets.
- Ensure that all team members complete the participant waiver forms and provide them to SCI Sask before the relay day.
- Collect all pledge/donation envelopes from your team members and deliver them to the SCI Sask office by Friday September 20 2019 at 4:30pm to be eligible for pledge-related prizes. Pledges can also be dropped off at the Relay Registration table on September 21 2019 however these pledges will not go towards prizes.

Wheelchair Relay Schedule:

11:00 a.m. Relay Day Registration

11:30 a.m. Official opening ceremonies

11:45 a.m. Relay begins

2:15 p.m. Award presentations

Relay Awards and Prizes

Top Individual Fundraiser

Highest Team Fundraiser

Team Spirit Award

And more!

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Team Registration

Complete the form below and send to SCI Sask by email to sciinfo@scisask.ca
or fax to 306.652.2957

Or register your team online at
www.https://www.canadahelps.org/en/charities/canadian-paraplegic-association-saskatchewan-inc/p2p/2019WheelchairRelaySaskatoon/

Team Name _____

Captain Name _____

Captain Address _____

City/Province _____

Postal Code _____

Telephone _____

Email _____

Signature _____

Team Roster

1. Name _____

Signature _____

Email _____

2. Name _____

Signature _____

Email _____

3. Name _____

Signature _____

Email _____

By entering your name, signature and email, each team member acknowledges that he/she understand the intent thereof, and hereby agree and absolve to hold harmless the Spinal Cord Injury Saskatchewan Inc., title sponsor and other supporting sponsors together with its agents, employees, directors, volunteers, co-operating organizations, and any other parties in any way singly, or collectively, connected with the Wheelchair Relay from and against any blame and liability for any injury, misadventure, harm, loss, inconvenience, or damage hereby suffered as a result of participation in this event or any activities associated therewith. The participants as signed above hereby consent to and permit emergency treatment in the event of injury or illness.

The above named team members also give full permission for use of your name and photos for the purpose of Spinal Cord Injury Saskatchewan in print material, on website and social media.

Teams are eligible to participate when a minimum of \$200.00 in pledges is raised.
Thank you in advance for your support!

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How to Donate?

In Person Donations

Donations of cash and cheques can be collected and tracked on the pledge form attached. All donations of \$20.00 or more are eligible for a charitable tax receipt.

Please ensure all names, addresses and contact info are clearly written. All cash and cheque donations should be collected by your team captain and handed in at the time of registration.

Online Donation Page

Encourage friends, family and coworkers to support you by setting up your own personal fundraising page:

Step 1: Got to <https://www.canadahelps.org/en/charities/canadian-paraplegic-association-saskatchewan-inc/p2p/2019WheelchairRelaySaskatoon/>

Step 2: Click on Create a Team

Step 3: Follow the Canada Helps easy steps to set up an account.

Step 4: Start sharing. Let your friends, family and co-workers know you are participating.

Online Donations

Donors interested in donating online directly can follow the following steps:

Step 1: Go to <https://www.canadahelps.org/en/charities/canadian-paraplegic-association-saskatchewan-inc/p2p/2019WheelchairRelaySaskatoon/>

Step 2: Click on the "Donate Now" highlighted in blue.

Step 3: You will now be on the Canada helps webpage.

Step 4: Scroll down to the donation information portion.

Step 5: Choose the "Wheelchair Relay" section under the donate to a specific fund set up by this charity section.

Step 6: Include a message for this charity. Be sure to include you individual name, team name, and pelage amount information in this section to ensure SCI Sask can track the donations for record purposes.

Please don't hesitate to contact us if you have any difficulty setting up your online donation page or making online donations. Call 306 652 9644 or send us an email at sciinfo@scisask.ca

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20 Years

Spinal Cord Injury Saskatchewan 2019 Wheelchair Relay Pledge Sheet

Name	Address	Email	Phone	Pledge Amount